

Lasagna Yankton-Revised 25

Number of Servings: 25 (184.49 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---|
| 3 1/8 | lb | Beef, ground, hamburger, pan browned, 1 |
| 8 1/2 | Tbs | Onion, white, fresh, chpd |
| 3 3/4 | cup | Tomato Paste, cnd |
| 2 1/4 | cup | Water, tap, municipal |
| 1 1/3 | cup | Tomato Sauce, cnd |
| 1 1/4 | tsp | Spice, garlic, pwd |
| 5/8 | tsp | Spice, pepper, black, ground |
| 1 1/4 | tsp | Herb, oregano, ground |
| 5/8 | tsp | Herb, basil, leaf, ground |
| 2 1/2 | tsp | Sugar |
| 2 1/4 | cup | Cottage Cheese, 1% fat |
| 1.00 | cup | Sour Cream, light |
| 4 1/4 | cup | Cheese, mozzarella, low moist, part skim, |
| 16 1/2 | oz | Pasta, lasagna, enrich, dry |

Nutrients per serving

Nutrition Facts

Serving Size (184g)
Servings Per Container

Amount Per Serving

Calories 290 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 340mg **14%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 24g

Vitamin A 15% • **Vitamin C 15%**

Calcium 20% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | | Calories: 2,000 | 2,500 |
|--------------------|-----------|-----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Instructions

Cook lasagna in boiling water approximately 12 minutes, stirring occasionally, or use "ready to use" or frozen lasagna sheets. If using boiled lasagna, drain after cooking and cool in cold water to keep from sticking together. Drain just before using.

Brown ground beef with onions. Drain off any fat. Combine water with tomato paste, slowly adding part of water, stirring and then adding additional water until mixture is smooth. Combine tomato sauce, garlic powder, pepper, oregano, basil and sugar into tomato paste- water mixture. Add to meat to make meat sauce for lasagna.

1. Combine cottage cheese and sour cream and set aside.

Place approximately 1/3 of meat sauce mixture in the bottom of baking pan(s) (size and # of pans determined by yield being prepared).

2. Cover meat mixture with a layer of lasagna noodles (1/2 of lasagna noodles) overlapped as necessary.

3. Cover lasagna noodles with 1/2 of cottage cheese-sour cream mixture. This will be a very thin layer.

Repeat steps 1, 2 & 3 above, repeating the layers.

Top with the last 1/3 of the meat mixture and the shredded mozzarella cheese. Cover pan(s) with foil

Bake at 325 degrees for 30 minutes. Remove foil and continue baking for 20-30 more minutes. Larger, steamtable pans may be baked at 350 degrees or may take slightly longer to bake.

Remove from oven. Cut into servings to equal the yield of recipe you have prepared.

1 serving = 1 piece = 1 1/2 CS

Each piece will be approximately 3/4 cup or just under 1 cup.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher. Will need to be 170 or 180 degrees for home delivery.

Notes

1 pound tomato sauce = approx 2 cups; each #10 can = 12 1/2 cups

1 gallon = 16 cups or 4 quarts (1 quart = 4 cups)

#10 can is much less (usually around 12 1/2 cups) so you may carefully change proportions to #10 can/parts of #10 cans if making large quantities - measure it out in actual gallons or quarts and then write the number of # 10 cans including any additional cups on your recipe

Sour Cream and Cottage Cheese: 1 pint or 2 cups is 1 pound

Shredded Cheese: 3 1/3 cup shredded cheese per pound; so, each gallon of shredded cheese would be approx 5#